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THE CENTRAL IOWA EXPERIENCE

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The magic of spring cleaning made all those dog toys — thought to be lost forever — reappear once the snow melted away from the backyard. Photo by Ronna Lawless

EDITOR'S NOTE

It's that time of year! The birds are chirping. The misting 'rain' is here. And the indecisive weather is upon us. I'm not usually a fan of spring. Don't get me wrong, I am loving the cleaning and opening windows and fresh everything. It's the thaw that drives me crazy. There is mud and last year's wet leaves all over my yard. This will be the first spring in my new house. And I am not quite sure what type of plants are growing where. Everyday is a new surprise when I look out at my yard. There are many unidentified plants blooming throughout lawn. I do see the eyesore of wet leaves, but popping up through the rusted oranges and decaying browns of the garden there are small purple flowers. They make me smile at my dirty yard. The flowers are my spring cleaning sign. One afternoon I went out for a quick second to uncover the flowers and examine where they may have originated because they are growing at random. But the afternoon went like the children's book by Laura Numeroff, 'If You Give a Mouse a Cookie.'

If you let Margo clean around the flowers she will see that the garden could use some tidying. So she gets the rake. As she is raking she notices the lilac bushes need major trimming ... and so on.

All of a sudden my yard had piles of sticks, a half trimmed lilac bush — due to other yard-cleaning distractions — and plans for the next round of cleaning and garden prep. There are raspberry bushes to be pruned (I have never done that before, wish me luck!), a garden to be planted and some re-landscaping to be done.

This issue of Facets is full of spring cleaning ideas and motivations to help you get started on all of your big spring plans and finish the half-started projects. Good Luck!

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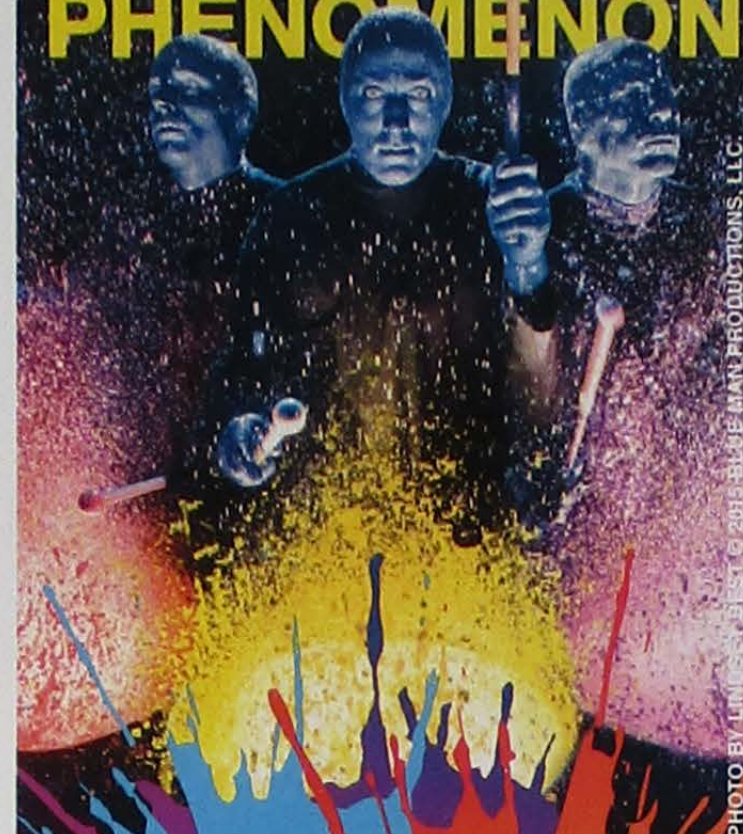


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BLUE MAN GROUP

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Trying to get Organized

BY KAREN SCHWALLER
Contributing Writer

I've come to understand, after all these years on the farm, that even the most valiant effort to get things done will often remain just that — an effort.

Even the farm wife who has it all together will run into this phenomenon now and then — like when she goes to clean the mud room or garage in late winter and early spring.

The scoop shovel isn't sitting outside her front door just because it looks so elegant there.

When a push broom won't do the trick anymore, she can be found on the business end of the shovel, scraping and scooping out dirt and piles of grime that the car and pickup drag in from late-winter, quagmire-like gravel roads. She may also discover a dehydrated hot dog that strayed from its bun at last summer's family picnic, and maybe even some sheep's wool that clung only temporarily to someone's shoes or clothing on shearing day.

Now that our children are grown, I'm done finding lamb's tails in the garage and on the basement floor. They used to be brought in by much smaller (but just as dirty) hands that were 'helping' their Dad

on the farm — hands that had come across such irreplaceable treasures that had to be clutched carefully and brought to the house to be preserved in special hiding places.

She knows that during lambing and calving season, the effects of her work of scooping out and fumigating the mud room or garage will be short-lived, lasting until everyone come in from chores. At that point, the aroma and unavoidable hint of a natural fertilizer deposit is enough to send her nose hairs retreating.

Some of the bank deposits she's made over years of livestock market dives have smelled just as bad.

Sometimes staying focused on just one project is the biggest trick for the woman of the house, who often finds herself being the web that binds all facets of the farm family together.

Just this week one day I sat down at the computer to get some writing done, when my husband asked if I had time to help with sheep chores before he left for the morning. The sheep were lambing and chores are more labor-intense at that time, so I set my writing aside until I could come back in and get a good start.

Shortly after I returned to the office he asked if I knew where some FSA papers were that he needed for one of his morning

errands. I rounded them up, changed laundry loads and got started on my writing, and soon it was time to meet our daughter for lunch.

When I got home I put supper in the oven and was gathering some thoughts for my writing assignment, when my husband said he was going to the bank and wondered what our immediate finances looked like. Of course I hadn't balanced the check book yet, so I put my writing aside and worked on that so he could go to the bank a more informed borrower.

I'd been back at it a short time before our son came in asking if he could have a haircut before he was to leave the next day for an event.

By the end of the day — by the time their needs were met, the laundry was done and put away, supper was over and the kitchen was cleaned up — but before it was time to check the impending sheep and cow mothers before we went to bed, my family had everything they needed to keep themselves going, but my writing was in only slightly better shape than it was when the day began. I made the valiant effort, but it fell short of success.

Wait until the cows find out what it's really like to be a mom on the farm.

They'll need all four stomachs.

USE SPRING ENERGY TO EASE SUMMER SLOWDOWN

BY JAN RIGGENBACH
Contributing Writer

Getting energized in spring is not a problem for gardeners. Every day is a new adventure, with buds bursting open and green sprouts shooting up. Who can resist another trip to the garden center to pick up a few more blooming plants?

August, though, is another story. When the weather is hot and humid, it's a big temptation to stay indoors in our air-conditioned houses. That's when interest in gardening can wane.

But there's a cure. This spring when you're snapping up spring bloomers, do yourself a favor. Also buy some perennials that will lift your spirits in the dog days of summer.

Here's a sampling of summer bloomers that may not look promising in their spring pots but will reward you with their good looks and easy care when the weather turns hot:

Sea holly (*Eryngium planum*). In "The Well-Tended Perennial Garden" (Timber Press, 2006, \$34.95), author

Tracy DiSabato-Aust writes that this sun-loving perennial is "tolerant of neglect during dry summers when you can't seem to make it out to the gardens with the sprinkler."

Silver-blue, oval flowers stand upright from spiny collars, called bracts. These unusual flowers are not only pretty in the garden, but also long lasting cut or dried.

Sea holly plants generally grow 2 or 3 feet tall, but there is also a foot-tall dwarf variety called Blue Hobbit.

Blackberry lily (*Belamcanda chinensis*, syn. *Iris domestica*). The orange flowers spotted with red dots have earned this plant another common name, leopard lily. The fan-shaped leaves resemble those of their relatives, the irises.

This perennial is undemanding and will take about anything except dense shade or poorly-drained soil. After the flowers fade, pods open to expose clusters of shiny black seeds that look like berries. I let the seed stalks stand until the first fall frost to prolong their show.

Some seeds always drop to the ground and sprout. Unwanted seedlings are easy to pull and share with other gardeners.

Astilbe (*A. chinensis*). These gorgeous summer bloomers flourish in shady gardens, lighting up dark areas with their feathery plumes of pink, red, lavender or white.

Although astilbes have a reputation as thirsty plants which require diligent watering in summer, here's something worth knowing: Chinese astilbe varieties are more tolerant of drought. They include, for example, violet-red Purple Candles, lilac-pink Pumila, white Milk and Honey, and lavender-pink Pumila.

Dwarf goatsbeard (*Aruncus aethusifolius*) makes a great 8-inch edging in shady beds with its ferny foliage and creamy-white summer flowers.

Photo: An undemanding summer bloomer, blackberry lily's flowers give way to open pods with shiny black seeds. Photo by Jan Rigggenbach

'Stepping Out' is my favorite iris. This one has moved from home to home with us since the 1970s. It blooms in mid to late May, is quite fragrant, and very sturdy. Iris need to be dug (in August) and separated every two years or so (to keep up with the growth of its tubers). *Photo by Carol Ouverson*

Giving the garden a fresh start

BY WHITNEY SAGER | Boone News-Republican

The coming and going of warmer temperatures Mother Nature has provided the area during the past couple of weeks likely have left people itching for spring to finally arrive. However, long-time gardener Carol Ouverson of Boone said fellow gardeners should not get ahead of themselves when it comes to getting their hands in their gardens.

During March and April, Ouverson said, it is a good time to do some spring cleaning in and around the garden,

making sure everything is ready for when the warmer weather finally decides to stick around.

Here are a few things Ouverson said gardeners can do to prepare for spring's arrival:

- Start growing seeds — For gardeners who plant and grow their own seeds, rather than buying seedlings from stores, March is a good time for indoor planting. Ouverson said seeds typically grow the best when they are in an environment where there is light overhead and a heated pad beneath the pots in which they have been planted, versus



Ouverson

When the snow melts, sticks and other debris that have accumulated in yards and gardens over the winter months become visible. The month of March is a good time to walk yards and pick up the debris before warmer weather finally arrives and gardening season begins. Image courtesy of Thinkstock

just using light from a window. Seeds typically need eight weeks to grow inside before they are planted outside.

•Clear debris from the yard — When the snow melts, it often reveals all the debris that has accumulated in yards over the winter months. Oувerson said the early spring months are a good time to walk the yard and pick up sticks or rocks that have made a temporary home in yards and gardens. However, people should limit the amount of walking they do in their gardens, especially if the soil has not had a chance to properly dry out.


“You don’t want to do anything on wet soil because it gets compacted,” Oувerson said. “That’s hard for gardeners to do.”

Mulch can be taken off strawberry beds once the plants begin to grow again. Oувerson advises people to keep the mulch close by, though, in case cold temperatures and the threat of frost return. She said strawberry plants can be damaged by frost if the plants are not protected.

•Organize tools — Garden tools stored away for the winter in a garden shed or in a garage could use a good look-over, Oувerson said.


“Some might have been put away in good condition, while others might not have been cleaned properly,” Oувerson said.

OUEVERSON, page 10



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Woodland tulips bloom with wild violets (usually late April) along a wide naturalized border in our yard. We leave this quite “rustic” (note a fallen log in the background). I think the tulip is called ‘Candlestick.’ Its petals open wide to a glowing yellow in the sunshine, then close to a flaming red. Makes a very cheery sight on a spring day. It’s great to have an “almost wild” section of the yard — not nearly as much upkeep and provides food and shelter for the birds and bees. *Photo by Carol Ouverson*

OUVERSON continued from page 9

A number of websites can be found that offer cleaning tips for tools that may have become rusted over the winter months. Ouverson said some of the rust can be eliminated simply by soaking them in vinegar.

To keep tools organized and prevent them from cluttering up, Ouverson said investing in a peg board or hammering some nails in the wall to hang tools on is a good way to keep things neat and tidy.

Finding a bucket or some type of carry-all to transport garden tools while working in the garden can save trips back and forth to where the tools are stored. Not only will this save several trips back and forth from the garden once warmer weather arrives, but it will also save the gardener’s energy.

- Get records in order — Take the time to create a map of the yard or garden. Ouverson said this is not the most fun thing a person can do, but it will prove beneficial in the success of the yard and garden.

“It’s a big help because you’re going to remember where all the plants are and how

they did last year,” Ouverson said.

- Prepare your body — By early spring, many New Year’s resolutions to get in shape have become a thing of the past. Ouverson suggests, especially for seasoned gardeners, finding and incorporating a stretching program into the daily routine. Stretching will help prevent muscles from being sprained and backs from getting hurt from all the bending and moving around required to care for a garden.

Ouverson has found yoga to be beneficial to her. She also discovered a television program about stretching that is instructed by a former professional ballerina.

Once a stretching program is found, be sure to stick to it.

“It’s the discipline to do it, but you will be so thankful for it,” Ouverson said.

Regardless of how much “spring cleaning” is done in and around the garden, Ouverson encourages all gardeners to try something new.

“Even if you plant what you think is the perfect garden, you’ll want to do something new next year,” Ouverson said. “Gardening is all about change.”

Local company offers advice for spring cleaning sessions

BY JULIE ERICKSON
Contributing Writer

With spring weather in full swing, Ames residents might be looking to start the season off right with a deep house cleaning.

While some may opt to clean their own home, others are looking to professionals, and one local Ames business has a few tips for how residents can prepare for their first major spring cleaning.

"You see sunshine and you know you don't want to spend your time inside on the weekends," said Sara Martin, owner at phClean in Ames and Ankeny. "It's a lot easier to clean inside when it's yucky out."

That's where her business comes in, she said, as plenty of residents are eager to enjoy the spring weather on their free days.

Martin said the phones at her business have "noticeably been ringing," the last few weeks, and plenty of customers are looking for regular home cleanings.

"People aren't just asking for one-time cleanings. This is a time where we see people thinking about ongoing service," she said. "This is the time where they're thinking about getting the house back together and ready to go."

Martin said the business offers the same top-to-bottom cleaning session

throughout the year, but some residents ask for additional cleaning options — like additional garage cleanings — when the weather warms up.

New customers can expect to see two to four staff members (depending on the size of the home) at each cleaning session. Martin said the typical cleaning includes hand-wiping trim and door frames, cleaning cupboards from top-to-bottom and cleaning build-up in corners and edges "so everything can get back to a nice baseline clean."

Martin noted the fresh air is also a highlight of the year for her staff, and she said the team enjoys working in the spring weather.

"They're in a good mood and they're excited to go out. It's fresh for them too," she said. "It's kind of fun to get out of those doldrums and when you do a deep spring clean, that's when they're the most proud of their efforts. You really see that difference."

But customers can also help make the cleaning process more enjoyable, she said. To help prepare for the deep clean, Martin recommended residents empty out any extra clutter that may have gathered over the cold winter season.

"The more clutter that can leave the area, the easier it is to access trim and shelves and cabinets," she said. "They go together, spring cleaning and purging a little bit."

Find out what Martin recommends homeowners should keep clean on a regular basis:

1. Glass shower walls and doors

"If you keep up on those, then you're going to avoid those water spots that can just ruin it."

2. Hand-wiped trim

"Especially in areas like the bathroom and the kitchen, you're going to avoid that build-up. If you have grease or something like that — that could sit on the paint and start to bond with that — the more you can keep that clean, the easier it is to wipe and do maintenance cleaning."

3. Overall home maintenance

"It's important to keep your home in that ready-to-go shape. Especially in Ames, when houses are getting on the market, the more you can maintain your home will make it easier if it does come time to move or sell."

Clean Up Your Apps!!

BY KECIA PLACE-FENCL
Contributing Writer

Spring is often a time when we think of cleaning. Cleaning out our closets, deep cleaning our house, cleaning out the car, cleaning up the yard, cleaning, cleaning and more cleaning! This is a great time to also clean up and fine tune the fitness apps on our phones, iPads, laptops, etc.

With thousands of fitness apps readily available at our fingertips, I have narrowed them down to 8 fitness apps that will provide your workouts with variety, while keeping you motivated to reach your fitness goals.

MyFitnessPal

MyFitnessPal features a database with more than 5 million foods, a barcode scanner and a recipe importer to help you keep track of your caloric intake on a daily basis. Partnering this feature with the exercise tracker allows you to monitor your calories with a just a few simple steps on a daily basis. This app allows you to set goals for yourself, sends you push notifications to remind you to check in on your goals regularly and allows you to connect with others for a network of support to help you reach your goals.

Quick Facts:

- Available on both iPhone and Android devices

- Can be integrated with other fitness apps and devices

- Basic version is free to download and use

- Premium version is \$9.99 per month or \$49.99 annually

SWORKIT

SWORKIT allows you to personalize your workouts to fit your schedule and your goals!! SWORKIT, which stands for "Simply Work It," offers videos of exercises demonstrated by certified personal trainers. You can choose from standard workouts, or customize your own workout by choosing from more than 200 types of exercises. You can decide the duration of your workout, the areas you would like to target (i.e. legs, arms, core, etc.) and put any other special needs or limitations you might have into this app. This app combines randomized exercises with interval training to maximize the effectiveness of every workout and prevents your body from getting used to a specific routine.

Quick Facts:

- Available on both iPhone and Android devices

- Basic version is free to download and use

- Premium version is \$7.99 per month or \$39.99 annually

- New Premium Feature: Low-impact exercises for beginners and older adults

Couch to 5K

Couch to 5K is an app that has helped thousands of beginning runners cross the finish line of their first 5K. The athlete follows a training program designed by Active.com trainers that involves 30 minutes of activity 3 days a week for 9 weeks. This interactive app, allows you to select your motivating coach and share out your progress with family and friends on social media. You can use this app to keep track of your distance and pace data and map your running routes. You can easily track your progress with graphs of your distances and paces. This feature allows you to monitor your progress and adjust your goals as needed.

Quick Facts:

- Available on iPhone and Android devices

- Paid app, a one time fee of \$1.99 allows you to download and use this app forever

Cycle Cast

Cycle Cast brings the benefits of spin class to your phone, so you can enjoy it anywhere! This app has experienced instructors, a broad music library with a variety of today's hits and classics, and the ability to easily track your performance. All you have to do is choose your instructor, playlist, class length and then spin those legs! You can easily track your calories, heart rate, and

workout history by linking up with Apple Health.

Quick Facts:

- Available on iPhone only, with Android version coming soon
- Download and use free for the first 30 days
- Premium version is \$9.99 per month or \$89.99 annually

Pocket Yoga

Pocket Yoga allows you to practice yoga anywhere, anytime! This amazing database provides you with illustrations, descriptions and the benefits of more than 200 poses. You can choose from 27 different sessions of varying duration and difficulty. If you don't care for the default music, you can play music from your music library as an alternate option. All practices and poses are designed by experienced yoga instructors, who want to help you progress in your health journey.

Quick Facts:

- Available on iPhone only
- Paid app, a one time fee of \$2.99 allows you to download and use this app forever

Mindbody

Mindbody is the perfect go-to resource that allows you to find and book a massage, a group fitness class, yoga or pilates class, a local CrossFit gym and so much more by simply plugging in your zip code. You can also check out ratings and reviews for a variety of different services and find special offers and deals. By syncing this app with your calendar and Fitbit activity tracker, you can easily manage your schedule and keep track of your personal activity data achieved during your workouts.

Quick Facts:

- Available on iPhone and Android devices
- Free to download and use

Everyday Fitness Motivation

Are you struggling with motivation to work out? Everyday Fitness Motivation provides daily quotes that can inspire you and keep you going to get the most out of your workouts and yourself. You can learn more about the people who inspired these quotes, personalize your background photo to something that inspires you, share these inspirational quotes with family and friends and schedule repeating reminders of any day(s) of the week.

Quick Facts:

- Available on iPhone
- Free to download and use

Fit Radio Workout Music

Have you been looking for the perfect workout playlist? Fit Radio Workout Music provides you with non-stop, high energy playlists of all genres designed to motivate you throughout your workout. With 45 genres and stations, you don't have to spend time putting together playlists of all of your favorite songs. Simply choose your favorite genre, push play and GO! The music never stops, not even for ads. With new mixes uploaded daily, you have easy access to the hottest new tracks the moment they hit the dance floor.

Quick Facts:

- Available on iPhone and Android devices
- Free to download and use
- Premium version is \$3.99 per month, \$27.99 annually, or \$79.99 for life

Cleaning up your apps will provide your fitness routine with more variety and motivation, and give you the potential to free up space on your phone or laptop. Take some time and really narrow down your fitness apps to those you use daily, motivate you and make you happy! It is time to clean up your apps!

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GREEN CLEANING:

How to kick off your spring cleaning with sustainable products

JULIE ERICKSON
Contributing Writer

As residents prepare for their home's first deep clean of the season, staff members at Wheatsfield Co-op have a few tips for incorporating green cleaning products.

"It's amazing how many toxic chemicals we're exposed to every day, not just from cleaning products. This is something that sometimes people just use a product because their mom or grandma used it, and they haven't had an opportunity to access it," said Susan Jasper, education and outreach coordinator with Wheatsfield. "I think some people, when they have children or grandchildren, it might make them think twice about 'What am I putting on my skin? What am I putting on my body?' It might lead them to thinking about their cleaning products."

Jasper and the Wheatsfield team recently presented several green products at Iowa State University's "Sustainapalooza" event, including a yoga mist and multi-purpose cleaner. Jasper said the use of essential oils in products is a major way to keep cleaning simple and sustainable.

"It's an opportunity for people to see how simple it is to make something that's natural and to experience essential oils," she said.

Along with the ISU event, Jasper said the Wheatsfield team enjoys bringing workshops into the community, and she said those interested in learning more about the cleaning products could contact the co-op to set up a session.

An additional benefit for those new to the green products, she said, is most sustainable ingredients like vinegar, lemons and baking soda, can be purchased in bulk, "so you're just making what you need."

"Once you realize you only need a few things under your kitchen cabinet and you can do a lot, it just simplifies everything," Jasper said. "In terms of the simplicity of the chemical compounds you're using, it's much less toxic for your personal environment and your home environment."

Interested in making green cleaning products? Here are recipes Jasper recommends, courtesy of Iowa-based essential oil company Aura Cacia.

MULTI-SURFACE CLEANER

Ingredients

- 2 Tbsp unscented Castile soap

- 8 drops lemon essential oil
- 4 drops tea tree oil

Mix the oils and liquid soap and pour into a gallon bucket of warm water. Stir until combined. Use mixture with a dampened sponge, mop or wash cloth.

MULTI-PURPOSE SPRAY CLEANER

Ingredients

- 2 cups water
- 1/2 tsp sodium borate (Borax)
- 1/4 tsp unscented liquid Castile-style soap
- 2 tsp lavender or tea tree oil

Dissolve Borax in water in a spray bottle, then stir in essential oils. Shake the bottle and spray on cleaning cloth or onto surface, wipe clean.

GRAPEFRUIT AND FRANKINCENSE YOGA MIST

Ingredients

- 2 fluid ounces water
- 6 drops grapefruit essential oil
- 6 drops frankincense essential oil
- 2 ounces amber glass mist bottle


Mix the water and oils into the mist bottle. To use, shake the bottle and mist with five to seven spritzes and wipe clean with a towel, or mist the airspace or your body.

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Beauty Organized

So it's spring and you should be getting organized and downsized presumably so you can buy more stuff to fill your drawers, cupboards, closets, basements and garages. Or do we just need to get rid of stuff we don't need or use. Well, you can say the same for your beauty organization.

Are you using that crème that the internet ad on Facebook said would tighten the "chicken skin" under your chin? Are you dusting off that tanning spray or lotion to look like you were blessed with a little "natural color"?

Let's see if I can help you with all that. You see I am a confirmed beauty shopper whose addiction dates back to the Woolworth's store on Main Street in Ames in the sixties. Maybel-line was my brand of choice. It was inexpensive and colorful stuff. Red is still my favorite color.

Then North Grand Rexall Drug got that English brand Yardley that allowed me to line my eyelids with a pot of color and tiny paint brush. (All of that influenced by Twiggy and the Beatles,) and my mom's salon carried L'Oréal lipstick (Moonlight and Roses was my first.)

In college I took a charm class (not ISU sponsored but taught by a former Mrs. Iowa) and learned about skin care called California Girl.

I have never gotten over the urge to buy the coolest looking beauty packaging and gadgets. Did you know you can still buy eyelash curlers? Ouch. Well, I have advanced to BareMinerals whose very cool packaging is like sugar to ants for me.

But now it's time for my beauty spring cleaning. Open every drawer and cupboard and closet and inspect what you have. Separate it into these categories 1) never opened/not likely

to be used, 2) currently using it, 3) can't part with it (we'll take later), and 4) smells different than it did when new.

All the #1s can be donated to various local charities for others to use (I doubt that YSS has a use for that "chicken skin" tightening lotion.) All the #2s stay. All the #4s go in the trash.

Now for those #3s – you may need to talk with your beauty therapist about these but here are some tips. Many of my favs fall into this category. I quit wearing colognes

when I was traveling by air and was exposed to everyone else's scents. Therefore, I still have Redken's original fragrance Pique and a personal Rodeo Drive favorite 273, plus my high school fav Shalimar. The bottles are so pretty and the memories of when I wore them still strong so I cannot part with them.

That means I can now part with White Shoulders (mom's favorite) or maybe not. I still remember her when I pass someone wearing that. Maybe I'll just part with the Coach fragrances I had to have but never wore much. Yeah, I can do that. And L'Interdit, a fragrance supposedly worn by Audrey Hepburn (I can't even remember why I bought that one) can definitely go.

Oh, what about Oscar (not the gold statue, the fragrance.) No that's still a keeper. Guess it's time to use it or lose it.

Well, I could just have just said the categories were keep, toss, and share but my way was more fun. And the real reason I have collected all these was because of the very cool bags they came with at no extra charge. Wonder what I did with all those.

Happy Spring!



MARY CLARE
LOKKEN

Time to toss!

Spring is a great time to refresh your home, your wardrobe and your beauty regimen. But before you start something new, let's clear out what's not used, never used and too old to use.

Talking with local beauty professionals there are various guidelines for when to toss some of your beauty products. Let's err on the conservative side to be safe.

The Federal government does not have required expiration or use by dates required for hair, skin and nail care products.

Other rules for beauty products include do not share cosmetic products as it is difficult to sanitize them between users.

When you buy product in jars use the small spatula they come with to remove the product to apply it.

Do not dip your fingers as there is a strong possibility of bacteria transfer if you dip. If you can't recall when you bought it, just throw it.

And finally, if the smell, consistency, color, etc. has changed, toss it.

Toss dirty makeup brushes and sponges. Or cleanse them often. They carry and grow bacteria if not cleaned often.

Following are some suggested guidelines. To help you track a product keep in mind the use of the product starts when you open it. Put the date you opened it in permanent marker on the product.

■ Guidelines for cosmetics

- Mascara and liquid liners 3-6 month
- Powders and eyeshadow powders 2 years
- Lipstick and lip gloss 1 year
- Eye and lip pencils 1-2 years
- Foundation and concealer 1-2 years

■ Guidelines for skin care products

- Antiaging and acne products 3 months-1 year

Sunscreen — check packaging for expiration date

- Body lotion 2-3 years
- Bath oil 1 year
- Shower gel 3 years
- Bar soap 3 years
- Shave crème 2 years
- Deodorant 2 years

■ Guidelines for hair care products

- Shampoo and conditioner 3 years
- Styling aids 3-5 years

Guidelines for fragrances

- Perfume 2 years

■ Guidelines for nail care products

- Nail polish 1 year

THE MAGIC OF 'SPRING CLEANING'

BY RONNA LAWLESS
Contributing Writer

After a long Iowa winter, there's something almost magical about the word "spring." It's magical enough, in fact, that it makes other words paired with it sound better than they may actually be.

Spring break sounds much better than break, for example. Spring training. Spring chicken. Spring greens.

The word's most magical powers, however, can be found in the combination of adding spring to cleaning.

I am the antithesis of a neat freak, but even I feel drawn to the notion of spring cleaning. The idea of opening the windows, allowing in a fresh breeze, letting out the stale air and the smell of winter's discontent.

When I think of myself spring cleaning, I imagine the lovely breeze making the curtains billow, the sound of bird songs from the backyard mingling with the tunes from my blue-tooth speaker, the lemony fragrance of furniture polish mixing with the April-fresh scent of bedsheets in the dryer and the piney note of floor cleanser.

I picture myself doing my spring cleaning, looking cute and happy, a good hair day, some lip gloss. In my reverie, my spring-cleaning self is probably thinner than my actual self, too.

Perhaps I'm not just messy but also delusional. This does not bode well for making my spring cleaning plans a reality.

In reality, I'm not even sure where the vacuum cleaner is. The first step is finding it. The second step is knocking the cobwebs off of it.

My day of spring cleaning will probably start with me having a cup of coffee on the deck, to collect my thoughts, strategize and caffeinate. That's when I will notice that the yard should probably be included in the schedule of areas to be tidied.

The snow has melted, revealing grass that's



The magic of spring cleaning made all those dog toys — thought to be lost forever — reappear once the snow melted away from the backyard. *Photo by Ronna Lawless*

becoming greener each day. The snow's disappearance caused the reappearance of the leaves I didn't rake last fall. It also revealed a couple dozen dirty, wet dog toys in various states of disrepair.

I pick them up and put them in the sun to dry. See? I'm already off to a great start with my spring cleaning. A little more coffee and I'll be raring to go.

While I sit and sip, I recall something about a book my sister-in-law told me about. It had something to do with decluttering. Clutter is probably the root cause of my problems, I tell myself. I

should get that book. I head inside to look for it on Amazon; it'll only take a minute.

Three hours later, I've placed three orders with the online giant, checked Facebook 17 times, pinned a dozen recipes to my Pinterest board, and researched possible destinations for a spring break girls' trip. It's getting late. I should probably go out for lunch before I start to clean.

Despite the magical power of the word, my house has not mysteriously cleaned itself.

After lunch — and perhaps a nap — I'll start my spring cleaning. As I clean, my personality will probably start to disintegrate. I will break fingernails, my knees will start to hurt, my hair will get frizzy. I'll run out of glass cleaner but feel too dirty to go to the store for more. They should have a Windex delivery service.

I will empty the vacuum cleaner eight times and accumulate enough cat and dog hair to reconstitute a third pet. The roof of my mouth will feel like I have eaten dust, my mascara will be smeared. The dog barking at neighborhood walkers will drown out the melody of the songbirds.

Clearly I am aware that the theory of spring cleaning is prettier than the practice of it, and yet I still plan to dive into spring cleaning this weekend.

First, I have to find the vacuum.

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Spring cleaning is good for the soul

EILEEN GEBBIE, Senior Minister
Ames United Church of Christ

As I write this, the sky over Ames is gray. The fields and lawns are grubby with leaves and old snow. There is a cold wind. And I just want to go back to bed. There is no brightness, no natural warmth drawing me out of hibernation. Best to rest up until Mother Nature is really ready for my efforts.

Also, I just spent two days scrubbing my house and my back feels a little bit off.

I've never been much of a cleaner, at least as a matter of intent. I can remember as a kid doing some dusting and vacuuming on Saturdays. We had a stiff oval brush with a handle for vigorously wiping down sofas and once my mom paid me to wipe down baseboards. As a young adult, I had no such schedule and certainly never even looked at a baseboard.

Instead, in a series of apartments, I used

cleaning as a justifiable excuse to avoid my homework or the grading of others'. I do the same now in my office. If I'm stuck on a sermon, if I can't find my way through a convoluted or even off-putting Biblical narrative, the stack of paper on my desk receives a mighty shuffling and straightening.

But as I get older, I find that postponing cleaning until I want to avoid something else in my life just makes for more work in the end: a daunting pile of ironing, magazines and books that seem to have taken my distraction as an invitation to breed and multiply, and blonde Labrador Retriever hair in the form of tumbleweeds that resist capture.

And — you knew it was coming — the same can be said of putting off spiritual “cleaning.”

My pastor said to me, as I prepared to begin my formal ministerial training, that the spiritual practices I developed in seminary

would be the ones I used the rest of my life. This filled me with great anxiety for a long time as I so badly wanted to be a good pastor, a pastor trustworthy and healthy. I assumed there was one way to arrive at such a state.

What I learned, though, is that rigorous training in religious leadership did not make me into some pre-set model of spiritual leadership. I was just as driven there to accomplish tasks (and to dust when I couldn't) as before. Time out for prayer and spiritual renewal, activities with no immediate, measurable outcome or reward, were just as easy to put off during school as before. I was certainly encouraged to try all manner of prayer practices but just knowing about them didn't mean I did them, or did them consistently. I have stacks of partially used prayer journals (I'll get a new one! And a fancy pen! And only do it at this desk! Yeah, that's the solution!), daily devotionals and spiritual writings, icons, mindfulness bells, and now apps: one for meditation, one for centering prayer, and

one based in Ignatian spirituality. My calendar now reminds me to go pray after Bible study each Wednesday morning.

It wasn't that going to seminary would remake me or be the only period in which to refine myself. Instead, it allowed me to clarify and come to terms with who I already was spiritually and pastorally. The result is a daily patchwork of holiness "cleanings": praying with and for others, five minute moments of silence to breathe and simply think about the divine, reading about a faithful person. Preparing for weekly worship has become the absolute core of my spiritual life, as it requires constant interrogation of whether I am preaching from ego and self-righteousness rather than for the people and from God's righteous indignation. I find some mighty large dust bunnies and funky old socks in my soul when I remember that attempting to publicly speak for and with God is an act of audacity requiring an equal level of respect.

In the end, there is no

one way to be connected to God. Instead, there is each of our own ways. But, like our homes, those ways need occasional attention and scrubbing, without judgment. Whole catalogues and television networks are devoted to telling us the (current) right way to decorate and maintain our abodes, but no one can rightfully do so for the houses of the holy we occupy with our breath and beating hearts.

If it is too gray and windy for you to pray today, that is okay. If you are distracted by pains of body and life, that is okay, too. But I pray, literally, that you don't put off the cleansing acts of peace-seeking and reorientation toward love so long that your soul becomes overwhelmed by grubby leaves and old snow. Play with different prayer practices, be honest about and accepting of your schedule, and embrace whatever flexibility or rigor defines you today. There you will find your own health and be able to trust your own heart, just as God has every day of your life.

SEAFOOD on the Grill

If it's the first week of April, it is officially the beginning of grilling season. It might not be warm enough to break out the shorts and flip-flops, but it's time to get those grills fired up!

When choosing lean protein to put on your grill, seafood is a nutritious option. The American Heart Association recommends consuming fish two times per week with servings of 3.5

ounces or about 3/4 cup of flaked fish. Fatty fish tend to be higher in omega-3 fatty acids which have several health benefits that may reduce your risk of cardiovascular disease, reduce inflammation and assist with brain function. These include salmon, lake trout, albacore tuna, sardines, mackerel and herring.

While most people know that seafood is good for them, they are not confident enough in their cooking skills to prepare it on a regular basis. When grilling, most turn to beef, chicken and pork because they feel comfortable cooking them, not realizing how easy it is to grill seafood. Cooking seafood, especially fish, provides healthy protein

that cooks even quicker than most meats. Since the launch of Hy-Vee's Responsible Choice seafood program, you can feel



AMY CLARK

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while minimizing damage to the environment or other sea life. Look for the label "Responsible Choice" at your Hy-Vee today.

Here are some tips to make your seafood grilling quick and easy:

- Place fish in a grill basket or wrap in aluminum foil to prevent it from sticking to the grill.
- Only turn fish/seafood once, halfway through the cooking time.
- When preparing shellfish such as clams, mussels and oysters, you'll know they are done cooking when the shells start to open.
- When grilling shrimp, bigger is better. Jumbo shrimp (approximately 12 to 15 pieces per pound)

will serve you best when preparing shrimp on a skewer or directly on the grill.

Salmon Grilled in Foil

Serves 4.

All you need:

- 4 (4 oz each) salmon filets
- 2 tbsp olive oil
- 1 tsp sea salt
- 1 tsp fresh ground pepper
- 1 small onion, cut into rings, divided
- 16 cherry tomatoes, divided

All you do:

Brush salmon filets, on both sides, with olive oil.

Place salmon, skin side down, on two sheets of heavy-duty foil measuring 12 inches by 18 inches.

Sprinkle salt and pepper over salmon, then top with onion and tomatoes.

Fold foil over fish and seal tightly.

Grill, covered, over medium heat for 10 to 15 minutes or until fish flakes easily with a fork.

Source: adapted from <http://www.tasteofhome.com/recipes/salmon-grilled-in-foil>

The information is not intended as medical advice. Please consult a medical professional for individual advice.

Seafood Grilling Temperatures and Times

Fish Fillet
1/2- to 3/4-inch thick
Medium
8 to 10 Minutes

Fish Steak
1-inch thick
Medium to Medium-High
10 to 15 Minutes

Lobster Tail
8 to 10 oz.
Medium
8 to 10 Minutes

Shrimp
20 to 25 per lb.
Medium
4 to 5 Minutes

Shrimp
10 to 15 per lb.
Medium
6 to 8 Minutes

**Scallops, Clams
and Mussels**
Under 12 per lb.
Medium
4 to 5 Minutes

From top to bottom, a bounty of beets

ELLIE KRIEGER
Washington Post

If you typically cut the stems and leaves off your beets and discard them, you are missing out. They complement one another in flavor and nutrition. The leaves of the beet plant are delicious raw, when they are especially tender and young, as well as cooked. It seems the parts are meant to be together, not only in the soil, but also on the plate.

Beet greens and roots are packed with nutrients, but they are mates with different assets. Like other dark, leafy vegetables, the greens are packed with vitamin A, potassium, calcium, iron, magnesium and the eye-health duo lutein and zeaxanthin. The roots are rich in folate, fiber, nitric oxide (which improves blood flow) and antioxidants called betalains that give them their crimson color and also can help the human body neutralize toxins and fight inflammation.

The parts of this power plant even taste as if they are meant to be eaten together, the roots' earthy sweetness balanced beautifully by the pleasant bitterness of the stems and leaves.

The accompanying recipe is a case in point. In it, the beet roots are roasted so they are tender and sweet, then cooled and diced. The leaves and tender stems are chopped, then cooked with a touch of oil and garlic. They are joined in the skillet by the diced beets and a sweet-tangy splash of orange juice and balsamic vinegar.

Of course, a key to the dish is finding beets that have a bounty of fresh leaves attached, which is mostly easy to do throughout the



Roasted beets with sautéed beet greens. Photo by Dixie D. Vereen/Washington Post

year. When you get home, if you aren't cooking them that night, separate the stems and leaves from the root, leaving about an inch of the stems on the roots, and store each separately in the refrigerator. The roots can be roasted several days ahead so they'll be on hand to make this quick, flavorful, whole-plant side dish.

Roasted beets with sautéed beet greens

2 servings

MAKE AHEAD: You'll roast more beets than you need for this recipe; they can be roasted, cooled, peeled and refrigerated in a stainproof, airtight container several days in advance.

From nutritionist and cookbook author Ellie Krieger.

Ingredients

- 1 bunch beets with bountiful green (about 1 1/2 pounds)
- 2 tablespoons olive oil
- 1 medium clove garlic, minced
- 2 tablespoons fresh orange juice
- 1 tablespoon balsamic vinegar
- 1/4 teaspoon kosher salt
- Freshly ground black pepper

Steps

Preheat the oven to 400 degrees.

Cut the stems and leaves from the beet root and reserve them. Scrub the roots, and cut off any long "tail" ends. Wrap each beet in aluminum foil, place on a baking sheet and roast for about 1 hour or until tender (for a medium-size beet). Allow to cool, then use your fingers and/or a paring knife, as needed, to rub off the peel. Dice one of the beets (or two, if small) and reserve the rest for another use.

Use a knife or your hands to separate the beet leaves from their stems; coarsely chop the thinner, tender parts of the stems. (Discard the thicker stems,

or reserve for another use.) Rinse the leaves well, then coarsely chop them. You should wind up with about 4 cups of greens.

Heat the oil in a large skillet over medium-high heat. Once the oil shimmers, add the chopped stems and cook for about 2 minutes, or until they have softened a bit. Add the garlic and cook, stirring, for 30 seconds, then add the greens and cook, stirring, for a few minutes, just until they have wilted.

Stir in the orange juice, balsamic vinegar and diced beet root; cook until well incorporated and heated through. Season with the salt and a light amount of pepper; serve warm or at room temperature.

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Nicholas Stefanelli's gluten-free maccheroni, with olive oil, garlic and chilies. Photo by Dixie D. Vereen/
Washington Post



Gluten-free, and not so easy: Fresh pasta

BY BONNIE S. BENWICK
Washington Post

Conventional wisdom says the silky, slippery charms of fresh Italian pastas are lost to those who need or choose to avoid gluten, because that very protein is what puts the "give" in doughs that are stretched and rolled and shaped to glorious effect. Once cooked, fresh pasta absorbs a sauce, while dried pasta provides a clingy surface for it. There's nothing quite like it.

Luckily, great chefs love a challenge - and that's who you want on the front lines of gluten-free pasta R&D. They have the skill set, and they find the resources to make it happen. Even then, it can take months of trial and error. Or, in the case of Nicholas Stefanelli at Masseria in D.C.,

you can pull the lever after a couple of tries and strike it rich.

Ed Scarpone spent about half a year on the gluten-free fresh pasta recipe he developed at Cafe Boulud in New York. "I did a lot of work with different flours," he says. "We ended up using broad bean and chickpea flours, water, milk, eggs and a little bit of olive oil. A gram here and there could change things."

Now head chef at DBGB in CityCenterDC, Scarpone also kept in the mix guar and xanthan gums, both widely used components in the gluten-free universe: The former, a natural thickener, adds elasticity to the pasta dough, and the latter emulsifies the wet ingredients and adds body. Fettuccine and pappardelle worked best, he remembers. His gluten-free pasta dough would dry out quickly and could

not withstand much manipulation, which meant that shaping and filling it was tricky business. A 10-minute rest for the dough (while vacuum-packed) helped it hold together during cooking, and the cut pasta could be held in the freezer.

He hasn't re-created a GF pasta program at DBGB — yet. "It's tough, unless you're making it every day," Scarpone says. "It takes finesse. The eggs you use might not be the same size or temperature. You can just throw a gluten-free flour blend together with eggs and such . . . you won't get a bad product, but I don't think it mimics good fresh pasta."

Stefanelli has enchanted diners with his gluten-free maccheroni since shortly after Masseria opened last August. During his previous five-year star turn at the helm of Bibiana downtown, he eventually used an

Italian brand of GF pasta. And when it came to cooking it, "angels needed to ride down on a unicorn to get it right," Stefanelli says dryly. Translation: Either under- or overcooked, the stuff would just crumble.

He admits that developing the product in-house at the new restaurant "wasn't at the top of my list." A fan of dried pastas, "I had explored other options and didn't find anything on the market that did it justice," he says.

Then, Masseria pastry chef Jemil Gadea decided to experiment with the Italian gluten-free flour blend he had on hand for crostati. The Caputo brand contains cornstarch, rice flour, potato starch, soy flour and xanthan gum. Gadea tinkered with minuscule amounts of an added super-strength tapioca starch called Ultra-Tex 3 (both it and the Caputo blend are available online) and got it right after only a few tries. The chefs used a lot of liquid egg yolks rather than whole eggs, for the grace of added, binding fat.

On a recent afternoon, the restaurant's gluten-free dough comes up a sunny, cornmeal yellow after several minutes' turn in a heavy stand mixer. It doesn't need a rest and can be rolled in a pasta machine — a little thicker than spaghetti — then cut and cooked straight away. Stefanelli slices his maccheroni with surgical, even knife strokes, creating shorter lengths akin to the wheat maccheroni he serves with nduja, tomato and eggplant.

In the few minutes it takes the chef to cook and sauce a single portion, the remaining batch of gluten-free pasta dough on the cutting board becomes noticeably drier. At a visitor's request, he pinches enough dough to roll a few garganelli against the grooved board he has pulled from a handsome wooden box of pasta tools.

"See? You can do it. But there are little cracks or dry spots in each one," he says. "The good thing about the gluten-free maccheroni is that it can take a little abuse in the pan." By abuse, he means tossing the freshly cooked noodles in Masseria's lip-smacking XO sauce, then twirling them into the shape of a cannelloni,

giving it the mummy-strips treatment on the plate.

The visitor's one bite in, and Stefanelli is chuffed by the reaction of yet another satisfied customer. "It absorbs like regular fresh pasta, right?" he affirms. "And it has an al dente-ness, a bite that holds together. You won't find that in a lot of gluten-free pastas."

The good news is, Masseria's gluten-free maccheroni can be re-created at home. (See the accompanying recipe) Required: a kitchen scale, a stand mixer, the right ingredients and a steady hand. Some Stefanelli tips: The generously salted water doesn't need to be at a full, rolling boil, nor does the pot need to be bigger than a large saucepan.

Drop in one portion of the maccheroni at a time. Do not walk away. Once the noodles start to float, cook them for another 30 seconds or so. Strain them, and scoop directly into a pan of warm sauce: say, a simple tomato-basil or aglio e olio. Plate up the order and stick a feather in your cap.

Gluten-Free Maccheroni

8 or 9 servings

Egg yolks, rather than whole eggs, give this dough the extra fat it needs.

To avoid waste, it's best to use packages of liquid egg yolks; start with whole eggs, and you'll have a lot of egg whites left over. The whites can be frozen (preferably in single portions) for up to 1 year, or you can follow this link to Washington Post recipes (wapo.st/1pbdGcB) that call for egg whites: Angel food cake is a smart way to go.

A kitchen scale and pasta maker (hand-cranked or stand-mixer attachment) are essential for this recipe, and a stand mixer is preferred.

Caputo Fiore Glut Gluten-Free Flour and Ultra-Tex 3 tapioca starch are available via Amazon.

MAKE AHEAD: The freshly rolled and cut maccheroni is best cooked right away and sauced, but it can be covered and refrigerated for several hours in advance.

From Nicholas Stefanelli and Jemil Gadea, executive chef and pastry chef at Masseria in Washington.

Ingredients

500 grams Caputo Fiore Glut Gluten-Free Flour (see headnote)

20 grams Ultra-Tex 3 tapioca starch (see headnote)

7 grams fine sea salt, plus more for the pasta cooking water

450 grams large egg yolks (a scant 2 cups, from about 26 eggs; see headnote)

Steps

Combine the gluten-free flour, Ultra-Tex 3, salt and egg yolks in the bowl of a stand mixer or handheld electric mixer. Beat on medium-low speed just until incorporated to form a firm, sandy-feeling dough. This may cause a strain on the machine, and you may have to finish incorporating the dough by hand on a clean work surface, just for a minute or two. You're not kneading to develop gluten, of course, but you are trying to make the dough feel as smooth as possible.

Divide the dough into 4 equal portions and cover loosely. Working with one portion at a time, use a rolling pin to roll it out to a thickness of 1/4 inch or so. Trim away any uneven edges; save the scraps in a pile because they can be gathered and rolled out one more time.

Transfer to the pasta maker; start on the widest setting (0) and pass the dough through, then click up to 1 or 2, depending on your preference. If the dough begins to tear, just double it up and go back to the widest setting.

Transfer to a cutting board. Trim any uneven edges and cut the length of pasta in half. Use a very sharp, thin knife to make thin, even cuts, forming maccheroni (as thick as bucatini or as thin as thick spaghetti works best). Arrange the maccheroni in its own loose pile on a clean tray; repeat with the remaining portions of pasta dough — and the rolled scraps, if you have any.

Bring a large saucepan of generously salted water just to a boil (not rolling) over medium-high heat. Add 1 portion (2 servings) of the fresh pasta and cook for about a minute or so; it's ready about 30 seconds after it begins to float.



A spicy dipping sauce sweetened with agave syrup and flavored with hot sauce and red pepper flakes ups the heat factor. Smoked cheddar and sweet potato biscuits are great companions. *Photo by Michael Tercha/Chicago Tribune/TNS*

Spicy fried chicken, smoky cheddar biscuits better than eating out

BY JEANMARIE BROWNSON
Tribune News Service

Family members often like to point out one another's shortcomings. Recently, mine lamented the lack of fried chicken in their lives. Mind you, we love fried chicken — of all kinds. We even happily eat fried chicken that is just passable or from a local chain. But its appearance on our dinner table proves rare. Mostly for health reasons, partly because the cook abhors the lingering aromas.

The popularity of fried chicken

restaurants fueled their reproach and subsequent plea: Let's work on our own version. Preferably with do-ahead steps for practicality. Preferably spicy and reminiscent of the hot chicken served at Prince's in Nashville that burned into our memories on the first bite.

You may ask yourself, why make fried chicken at home? First, it's so yummy. Second, you can control the quality of the chicken and the frying oil. I really like the kosher chicken sold at Trader Joe's for its flavor and modestly sized pieces (from small chickens). Organic chicken,

sold at Whole Foods and many supermarkets, makes me feel good about what I'm serving. Heck, you can even take the skin off if you wish for a more healthful approach.

As for the cooking aromas, read oil labels, and select those designated for high-heat cooking. Safflower oil fries beautifully and doesn't fill the house with off-aromas. Sunflower oil, peanut oil, rice bran oil and expeller-pressed canola oil work too. Do not use ordinary canola oil — it doesn't hold up to high temperatures, so it smells nasty. Trust me.

My gram didn't use a thermometer to monitor the oil for her frying, but then again she was an instinctive cook. I need more guidance and the discipline to pay attention to the heat that the device enforces. A deep-fry thermometer is a small investment; look for them in cookware stores or online. Your chicken will be better.

Properly heated oil yields a bonus: Chicken fries fast. It takes about 10 minutes for average-size pieces. Home-made fried chicken reheats beautifully too. We make it an hour or two before serving, then pop it into a hot oven. Makes for a relaxed cook and a clean kitchen. Don't forget how fantastic leftover, cold fried chicken tastes; this spicy version is especially satisfying.

To make our spicy version, we dry-brined the chicken

pieces with a flavorful salt mixture. The same salt mix gets used to season the buttermilk for coating and the flour for dredging. I triple dip (first flour, then buttermilk, then flour again) to create a crisp, nearly crackly crust.

Most recipes for the Nashville-style hot chicken have the cook season some of the frying oil with hot chili and then baste it over the fried chicken. I prefer to make a tangy hot dipping sauce from light agave syrup, a little fresh oil and plenty of hot chili. This dipping sauce also tastes great on the biscuits.

I serve fried chicken with sliced pickles and a tangy slaw made from shredded broccoli tossed with poppy seed dressing, roasted sunflower seeds and dried cranberries.

Homemade biscuits, seasoned with sweet potato and

smoked cheddar are not as hard to make as you'd think. And they are worth the time. Especially if you serve them with soft, sorghum butter.

P.S. Just to let you know the power of fried chicken, the night after I made a double batch of this recipe (and ate my share), I found myself in a Houston restaurant that serves platters of stunning, golden battered chicken. Yes, I was all in.

Spicy hot fried chicken with sweet and tangy red chili glaze

Prep: 40 minutes

Brine: 1 to 2 hours

Cook: 10 minutes per batch

Makes: 6 servings

Leftover salt-spice mixture will keep in a covered container for several weeks; it is great rubbed into chicken or

pork chops before roasting or grilling. Bone-in, skin-on chicken breasts can stand in for the chicken legs; increase cooking time to about 12 minutes; use caution not to overcook. To reheat the chicken, put it on a wire rack set over a baking sheet; bake in a 400-degree oven for a few minutes. Rewarm the glaze before drizzling it over the chicken. Want a spicier result closer to Nashville's hot chicken? Double the amount of salt-spice mix when coating the chicken pieces.

2 tablespoons salt

2 teaspoons garlic powder

1 teaspoon each: chili

powder, ground sage

1/2 teaspoon each: black pepper, cayenne

6 whole chicken legs, separated into thighs and drums

CHICKEN, page 28

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CHICKEN continued from page 27

(about 3 1/4 pounds total)

1 1/2 cups flour
3/4 cup buttermilk
1 egg
1 to 2 tablespoons hot red pepper sauce, preferably Crystal or Louisiana

About 1 quart (32 ounces) oil for high heat cooking, such as safflower, sunflower, peanut or rice bran oil

Sweet and tangy red chili glaze and dipping sauce, see recipe

1. Mix salt, garlic powder, chili powder, sage, pepper and cayenne in a small bowl.

2. Rinse chicken and pat dry. Place in a single layer in a baking dish. Use about 1/3 of the salt-spice mixture to rub into all the chicken pieces. Let the chicken dry brine in the refrigerator (uncovered) for an hour or two.

3. Season the flour with 1 1/2 teaspoons of the remaining salt-spice mixture in a shallow dish. In another shallow bowl, mix buttermilk, egg, 1 teaspoon of the remaining salt-spice mixture and hot sauce to taste.

4. Working with one piece at a time, dip chicken into flour mixture to coat well. Shake off excess. Dip into buttermilk to coat; let excess drain back into bowl. Dip chicken again into the flour mixture to coat on all sides; shake off excess. Place coated chicken on a rack set over a tray and refrigerate uncovered up to several hours. Let chicken stand at room temperature while you heat the oil or up to 1 hour if it's not too hot in the kitchen.

5. About 30 minutes before serving, heat oven to 200 degrees. Have a baking sheet topped with a wire cooling rack ready.

6. Pour oil to a depth of 1/2 inch into a 10-inch deep, wide

cast-iron skillet or heavy-bottomed pot. Position a deep-fry thermometer into the pot so the tip is immersed. (Do not let the tip of the thermometer rest on the bottom of the pan). Heat oil over medium to medium-high heat (you'll need to adjust the heat as you work) until the thermometer registers 325 degrees. (Lacking a thermometer, test the oil by slipping an edge of the chicken into the oil — it should bubble vigorously; do not let oil heat to the point of smoking.)

7. To fry, gently slip a couple of pieces of chicken into the oil; do not crowd the pan. Cook, turning gently with tongs after 5 minutes, until chicken is deep-golden and meat feels firm when pressed (165 degrees on an instant-read thermometer), usually 10 minutes total. Transfer to the rack; place in the oven while you fry the rest of the chicken.

8. To serve, arrange chicken on a heated platter. Drizzle generously with the glaze. Serve hot with extra glaze for dipping.

Note: After frying, let the oil cool, then strain it through a fine wire mesh sieve into a glass container. Refrigerate covered up to 2 weeks and use for other frying, browning or sauteing purposes.

Nutrition information per serving: 642 calories, 48 g fat, 10 g saturated fat, 189 mg cholesterol, 18 g carbohydrates, 1 g sugar, 33 g protein, 1,603 mg sodium, 1 g fiber

Sweet and tangy red chile glaze dipping sauce

Prep: 5 minutes

Cook: 2 minutes

Makes: about 1 1/2 cups

Store this sauce in the refrigerator up to 2 weeks. Use

warm to glaze fried chicken, dunk biscuits or oven roasted Brussels sprouts or sweet potatoes. No agave? Make a simple syrup by boiling 1 cup sugar with 1 cup water until the sugar is completely dissolved. Cool.

1 cup light agave syrup
1/3 cup vegetable oil, such as safflower or sunflower oil
1/4 cup hot red pepper sauce (preferably Crystal or Louisiana)

1 to 2 teaspoons crushed red pepper flakes, to taste

1/2 teaspoon salt
Mix everything in a small saucepan. Heat over medium until warm and salt has dissolved. Serve warm.

Nutrition information per tablespoon: 70 calories, 3 g fat, 0 g saturated fat, 0 mg cholesterol, 11 g carbohydrates, 9 g sugar, 0 g protein, 111 mg sodium, 0 g fiber

Smoked cheddar and sweet potato biscuits

Prep: 25 minutes

Cook: 15 minutes

Makes: about 18 biscuits

You can use canned pumpkin puree if desired. Or pierce a large sweet potato in several places with a fork. Microwave on high until potato is fork-tender, about 6 minutes. Cool, then peel, mash and measure out 1 cup.

About half of a 15-ounce can sweet potatoes, drained, mashed to yield 1 cup puree

3/4 cup buttermilk
2 cups unbleached all-purpose flour

1/4 cup whole wheat flour (or more all-purpose flour)

2 tablespoons coconut sugar (or granulated sugar)

2 1/4 teaspoons baking powder

1/2 teaspoon each: baking soda, salt

1 stick (1/2 cup) unsalted butter, very cold

1 1/2 cups (about 4 ounces) shredded smoked sharp cheddar cheese

Sorghum butter, see recipe

1. Heat oven to 425 degrees. Line 2 baking sheets with parchment paper.

2. Put the sweet potato puree into a small bowl; stir in buttermilk until smooth.

3. Put flours, sugar, baking powder, baking soda and salt into a food processor fitted with a metal blade. Process to mix. Dice cold butter and sprinkle over flour mixture. Use on/off turns to cut the butter into the dry ingredients until the mixture resembles coarse crumbs. Add the sweet potato mixture and cheese. Pulse once or twice, just until a soft dough forms.

4. Scrape the dough out onto a floured work surface. Use floured hands to gently pat it into a 3/4-inch-thick round. Using a floured 2-inch round biscuit cutter, cut out 12 biscuits. Place on prepared baking sheets. Gently press the scraps together and press out 6 more biscuits. Bake until tops are golden brown, 15 to 20 minutes. Serve warm with sorghum butter.

Note: To make without a food processor, put flour mixture into a large bowl. Use two knives or a pastry blender to cut the cubed butter into the flour until the mixture resembles coarse crumbs. Add the sweet potato mixture and cheese and gather into a dough by stirring with a spoon. Do not over mix.

Sorghum butter: Blend 1 stick butter, softened, with 2 to 3 tablespoons sorghum or honey until smooth. Taste and blend in a little coarse salt as desired. Use at room temperature.

Dorie Greenspan's Warm Fusilli
French Riviera
Style. Photo by
Dixie D. Vereen/
Washington Post

JULIA CHILD WOULDN'T ALLOW PASTA SALADS. BUT I LIKE TO THINK SHE'D TRY THIS ONE.

BY DORIE GREENSPAN
Special to the Washington Post

Julia Child was easy to please in the same way that Sir Winston Churchill was. The British statesman famously said that all he wanted was perfection; Julia just wanted food to be delicious.

With that sole criterion in play, she would eat just about anything — except pasta salad. I never knew why she had such an aversion to the wildly popular dish, but her dislike was so deep that during the summer of 1995, when we filmed the PBS series "Baking With Julia" at her house in Cambridge, Mass., she gave the caterer of the day free rein with only one caveat: Pasta salad was a deal-breaker for our crew of 15 to 20. And she was good to her word. Two caterers were fired the afternoons when the forbidden dish hit the table.

Not surprisingly, I can't look at a pasta salad without thinking of Julia, and she was at the top of my mind when I put together the accompanying recipe. I don't think of it as a salad, but there's no doubt that it was inspired by one. This is my take on one of my favorite cold dishes: salad Niçoise.

The celebrated French Riviera salad is known for its handful of iconic ingredients: olives

(Niçoise, if possible); anchovies (I thought I'd get these out here early; I know they're controversial, so I've made them optional); capers; green beans; tomatoes; potatoes (the pasta can stand in for these or you can add them); eggs (optional); garlic; and, most important, tuna.

DORIE GREENSPAN'S WARM FUSILLI

French Riviera Style
6 servings

A true salad Niçoise has boiled potatoes and hard-cooked eggs, and there's no reason not to add those to this pasta salad.

Choose the smallest potatoes you can find — you want only 4 or 5 — and cook them, unpeeled, until tender. Once they're cool, cut them into bite-size chunks. Cook 6 eggs, cool them, then cut into quarters. Toss the potatoes with the pasta, but keep the eggs aside and use them to top the dish.

MAKE AHEAD: The beans can be cooked, cooled and refrigerated a day in advance. Once the pasta salad is assembled, it can be held at room temperature for up to 4 hours, or covered and refrigerated for up to 2 days (and served cold; if you plan to do so, the pasta salad may need more oil or salt and pepper, so taste for those).

From cookbook author Dorie Greenspan.

Ingredients

Fine sea salt

1 pound dried fusilli pasta

2 cans (5 to 6 ounces each)

light tuna packed in olive oil, drained, oil reserved

8 ounces fresh or frozen/defrosted green beans, trimmed, cut into bite-size lengths and cooked until crisp-tender

12 pitted black olives, preferably Niçoise (if olives are large, coarsely chop)

10 oil-packed sun-dried tomatoes, drained and chopped (optional; use if your fresh tomatoes aren't completely ripe)

2 cups grape or cherry tomatoes, each cut into quarters

6 scallions, trimmed and thinly sliced (may substitute 2 spring onions)

4 flat anchovies, rinsed, dried and coarsely chopped (optional)

2 tablespoons capers, rinsed and patted dry

1 to 2 cloves garlic, sliced wafer-thin (optional; germ removed)

Freshly ground black pepper

2 lemons

Pinch piment d'Espelette (may substitute ground cayenne pepper)

3 tablespoons snipped dill (may substitute chopped chives or parsley)

Olive oil, as needed

2 handfuls arugula, mesclun or soft lettuce, torn (optional)

Steps

Bring a large pot of generously salted water to a boil over medium-high heat. Drop in the fusilli, stir and cook according to the package directions.

While the water is reaching a boil and the pasta is cooking, turn the tuna into a large serving bowl and break it up with a fork. Toss in the green beans; olives; sun-dried (as needed) and fresh tomatoes; scallions; anchovies, if using; capers; and garlic (to taste), if using. Mix everything together and season lightly with salt and pepper.

Drain the pasta, turn it into the serving bowl and add all the reserved oil from the tuna; mix to coat the pasta.

Grate the zest of both lemons into the bowl; cut the fruit in half and squeeze in the juice, then add the piment d'Espelette and the dill. Toss to mix thoroughly; taste for salt, black and red pepper and oil. (If more oil is needed, use the olive oil). If you'd like, either top with the torn greens or mix them into the pasta.

Serve warm, or wait until the pasta reaches room temperature. If you serve the fusilli at room temperature, it may need more oil, salt or pepper; taste for those.

■ AMES CONVENTION & VISITORS BUREAU

Ames: A Smart Choice for Educational Youth Events

Throughout the year, Ames and Iowa State University host a variety of youth events bringing thousands of students and their families to our community. In fact, Ames welcomes five educational events this month alone. Organizations view Ames as a great destination due to its convenient location, welcoming hospitality, and quality facilities. Here's a look at the events scheduled:

State Science and Technology Fair of Iowa, March 31 – April 1

The 59th annual State Science and Technology Fair of Iowa (SSTFI) is open to any student, grades 6-12, residing in or attending school in the state of Iowa. Projects relating to the diverse field of science and technology will be presented at Hilton Coliseum. A senior high event held in combination with the Iowa FFA Agriscience Fair will take place on March 31. The junior high event will be held on April 1. Scholarships and prizes provided by generous Iowa sponsors will be awarded to top students for their exceptional projects and research. University faculty and students are an important part of this event. Faculty members meet with SSTFI participants individually to hear their ideas. These conversations can lead to students receiving an invitation to work in a lab environment with a researcher or the start of a mentoring relationship. Over 800 students will participate.

Iowa Odyssey of the Mind State Finals, April 2

Odyssey of the Mind is an international educational program that provides creative problem-solving opportunities for students from kindergarten through college. Participants apply their creativity to solve problems that range from building mechanical devices to presenting their own interpretation of literary classics. They then bring their solutions to competition at State Finals, held at Iowa State University. Champions advance on to World Finals, which will also be held at Iowa State University in May. Approximately 400 students will be participating in this year's State Finals.

Iowa Future Problem Solving State Bowl, April 15-16

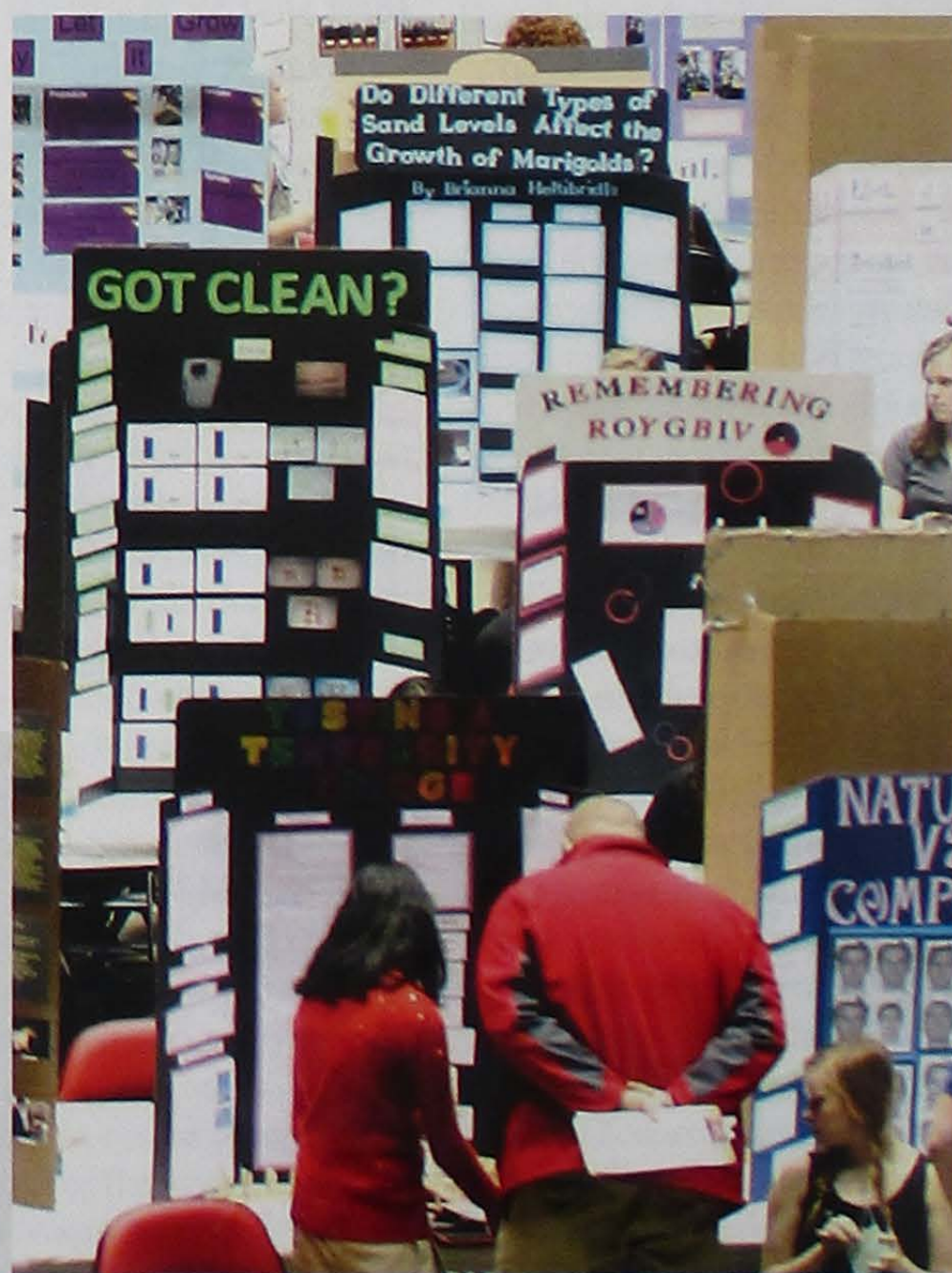
Future Problem Solving teaches students how to think, not what to think. A 6-step problem solving process is used to engage students in thinking beyond the obvious. Iowa Future Problem Solving offers several different components which include: global issues problem solving, community problem solving, scenario writing, and action based problem solving. There are four age divisions: Juniors (grades 4-6), Middle (grades 7-9), Seniors (grades 10-12), and Adults (beyond high school). This event will be held at Iowa State University and over 300 participants are expected from all corners of the state.

Iowa FFA Leadership Conference, April 17-19

Each year, over 5,000 FFA members and guests from across the state gather to learn about careers in the agriculture industry, compete for scholarships, volunteer in the community and shape the future of the Iowa FFA Association. The 88th annual conference will take place in Ames at the Iowa State Center.

IT-Olympics, April 29-30

Presented by Iowa State University and the Technology Association of Iowa, the IT-Olympics is the capstone event for students who participate in the Technology Association of Iowa's technology career awareness program, HyperStream. There are four venues in the 2016 IT-Olympics competition: application development, cyber defense, robotics, and multimedia. A student may only compete in one venue during the Olympics. However, as a part of the HyperStream projects leading up to the Olympics, students can collaborate on multiple venues. 600 students are projected to take part in this year's IT-Olympics.



State Science + Technology Fair of Iowa

Ames is a Smart Choice

Students participating in all these events develop creative problem solving and leadership skills as well as enjoy gathering with their peers. As a land-grant institution with a strong emphasis on extension and outreach, it's no surprise that Iowa State would be chosen as the location for these competitive, educational youth events. Hosting events such as these gives the university the opportunity to reinforce its mission to connect youth throughout our state with university researchers for continued learning and to encourage new ideas in a variety of STEM fields.

Jay Staker, Iowa State University Extension and Outreach 4-H youth stakeholder & partnership development manager and interim director of the Iowa Space Grant Consortium, started as a judge for SSTFI in the 1970s and has been leading the planning efforts for SSTFI for 15 years. He discussed the importance of educational youth programs, "It's paramount that we host events like SSTFI because these students are the future. We must give back to these youth and help them develop. However, it's a two-way street. University professionals benefit greatly by connecting with inspiring Iowa youth who are interested in helping continue scientific research that will help make our world a better place."

In addition to Iowa State University faculty, facilities and students, the Ames community plays a vital role in facilitating educational youth events. Area residents volunteer countless hours assisting with the various logistics of each event. They welcome participants and their families at registration desks or help with room setup and breakdown. Sometimes they are needed to judge events. For instance, the SSTFI reaches out to the community to find individuals with a major, degree, or background in



Iowa FFA

science, engineering, or technology to judge exhibits. With over 800 research students registered to take part in this year's SSTFI, organizers anticipate needing 350 middle school judges and 100 high school judges to not only evaluate student research projects but to help students themselves become better researchers.

Volunteering at educational youth events is a rewarding experience. It's a chance to meet the future leaders of our communities, and you leave feeling very hopeful for the future. Staker agrees, "Just talk to the students about their projects. They are full of exciting, new ideas. You can't help but be encouraged and share their enthusiasm. Tomorrow is in good hands thanks to these energetic, caring kids."

While all five of these events have competitive components, each hopes to promote a fun learning environment that inspires students to dive into new ideas and experiment. Doug Jacobson, Iowa State University electrical and computer engineering professor and coordinator of IT-Olympics, explains, "While the IT-Olympics

is competitive, it is our hope to provide an atmosphere that is inclusive and engaging. We want the event to feel like a celebration, like a party. Our hope is students enjoy the two days here on campus learning and getting to know fellow students that share their same interest in technology."

Introducing conference attendees to the City of Ames and Iowa State University is another exciting aspect of hosting educational youth events. Ames is a dynamic community that boasts amenities you expect to find in much larger cities, while Iowa State is a center of cutting-edge research and groundbreaking discoveries. Acquainting these Iowa students and their families with the community provides a unique opportunity for Ames. Who knows? Some students might even choose to attend Iowa State due to the positive experiences they have attending conferences on campus this month. Jacobson commented regarding the possibility, "When freshmen stop by my office and comment on the posters promoting IT-Olympics, mentioning how they were a part of the program in the past, you can't help but feel good. These Iowa State students who once participated as kids, are now volunteering their time to the program. Knowing these students chose to continue their studies at Iowa State University is extremely gratifying."



State Science + Technology Fair of Iowa



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